

2009 Eckhart Tolle TV Meditation August 09

[Speaker 1] (0:03 - 37:09)

Welcome to our live meditation. On the surface of things, there are a few thousand people in different parts of the planet looking at their computer screens, yourself included. And there may be friends or relatives who have asked you, are going to ask you, what are you doing?

There's always more than what you see on the surface. A few thousand people looking at their computer screens, becoming still, alert, present. That's all part of a transformation of collective consciousness that's happening on the planet.

So there's something occurring here that is far more profound than what it appears to be on the surface. And you and I are an essential part of that transformation of consciousness. And if you look more deeply, there isn't even you and I.

There's only the one essence that underlies all life, consciousness itself, manifesting through forms. Consciousness itself, however, is formless, the essence of who you are. Consciousness also manifests in time, through form, in time, because out here, there's time.

It's shortly after one o'clock in the afternoon on the West Coast here. And different times in different places. Conscious manifests gradually in time, manifests more and more in time through form.

But consciousness itself is timeless. It is the life essence, universal intelligence, formless, timeless. It emerges through the form.

It begins to shine through the form, through the mind, even through the physical form. It shines through the form. It emerges through you, through I.

And your mind may ask, tell me what to do now. And of course, there's nothing to do. Just to be aware that you are.

Be aware of your presence, of the light of your consciousness. It's not your consciousness. It's just a way of speaking.

Be aware of the light of consciousness in you. The light, the light in which these words are being perceived. And you may want to have a look inside yourself and see if you are still thinking as you look at me.

Are there thoughts going through your head? There's nothing wrong with that. I'm not saying there shouldn't be any thoughts going through your head.

Just find out, be aware if there are thoughts still going through your head as you look. Or

do you find that there are actually spaces arising in yourself? An opening up of space where before there was the movement of the mind.

A space of no thought, just presence. That's the arising new consciousness, one could say. It's a new dimension arising.

Spacious alertness. That is the, you then, as this opens up, this is why we're here, to enter that dimension, to access that dimension. The most vital thing in your life.

Everything else is secondary. Successes, failures, this or that happening, your past, your future, so-called past, so-called future, which can never be experienced outside of the present moment. The present moment is the consciousness.

The present moment is who you are and the present moment is the timeless dimension. So we are accessing that discovering that inside. So the miracle then is the space opens up inside you and there's simple alert presence, spaciousness.

No loss of consciousness. Not going towards sleep but heightened consciousness. So you're touching the unconditioned, timeless dimension of consciousness itself.

That eventually does things even to this form. As you live in conscious connectedness with that dimension, it tends to also transform the outer realm of your so-called life because it brings in a new energy. It empowers your life not in an egoic sense.

I am all-powerful now in a very subtle, gentle way. A new power and intelligence flows into your life if you open yourself up to that new consciousness in your daily life as much as possible. Welcome it.

Look for it. How do you do that? How can you look for that?

Step one is are you thinking? Being aware that there's thinking happening inside you. Oh, that's an important step because when you're aware that your mind is active and perhaps uselessly active, which is a lot of the time, that's what the mind does, it just produces mental noise.

Useless thinking. Often self-destructive thinking, often negative thinking. More frequently you will find thinking dwells on that which is problematic, that which involves conflict, that which involves fear and anxiety, than thinking about that which is pleasant or good or joyful.

So the awareness that there's a lot of useless thought happening right now, that's a step, an important step. With that awareness comes choice. I'm talking from the viewpoint of the so-called person.

From that viewpoint of the so-called person suddenly there comes the element of choice. What is that choice? The choice to say I will take my consciousness out of the structures

of thinking where it is impresent.

Consciousness gets captured continuously and used by the movement of thought, the mind. The choice is to say I'll take, I will remove my conscious attention from thinking and become present. And those of you who are not familiar with this ask how do I do that?

And there comes what you could call step two. I don't usually use steps but just temporarily let's just approach it in this way. Step two then is where do I put my attention if it's not in thinking?

Very simple thing for example you can do is ask yourself if you're breathing at this moment. Am I breathing? But don't answer it from memory.

It says of course I'm breathing because I'm still alive. If I wasn't breathing I wouldn't be alive. That's logical thinking.

But that's not direct evidence that you're breathing. The direct evidence that you're breathing you can only find by placing attention on the act of breathing. And then you can truly answer the question am I breathing at this moment?

Am I still breathing? Okay, let me have a look. Your attention moves to the intake, the inflow, and the outflow of breath.

You can feel the air moving into the body. You feel the air moving out of the body. You may feel it more as it enters the nose.

Some people feel it there most strongly or you may be able to follow with your attention. You follow the airflow into the body and out of the body. Wherever that is you know you can feel yourself breathing.

So now you know that you're breathing and what does that do? It takes your attention away from thinking. Conscious attention is consciousness.

So your consciousness instead of being trapped in the movement of thought you have to know whether or not you're breathing you have to take your attention out of the movement of thought. That's what's happening when you're finding out whether you're breathing and you've put it inside and you think yes yes there's breathing happening or I am breathing. And that is called, it's an old very old way of entering the meditative state already recommended by the Buddha and that's called traditionally breath awareness and it's called the meditation technique.

But it's so simple and so natural to know that you're breathing. It's not really a technique. I'm not that fond of techniques because they tend to come in between you and who you are in your essence because here now I'm using a technique.

So if you use techniques choose techniques that are simple not complicated if you even want to call them techniques. Breath awareness. So if you do it now it's not a doing it's a realizing of what's already there so in that sense it's not a doing.

Breath awareness in that sense is not a doing it's a an awareness arising right now and with that comes the spaciousness. You're touching the formless consciousness and breath is such an ideal meditation object so to speak because it is not an object it is not clearly defined in form. It is shapeless formless breath.

Just as consciousness itself is shapeless formless. And that's why breath has often been traditionally been equated with spirit the formless dimension. Both in the Old Testament and why it's such a favorite meditation technique in Buddhism for example.

But it's essentially a very such a simple thing to know that I'm breathing. And you're entering the present moment of course at the same time that's what the meditative state is. That's what presence is.

Presence is called presence because you're that you then suddenly you fully inhabit the now. You come to life. And if you're attentive you may be able to be aware of more than just one breath.

You're just you're breathing. And if you're very alert behind that breathing you can sense something very alive. You can't define it.

There's a background there that's intensely alive. Some people may call it peace deep inner peace. You may call it being.

You suddenly become aware that you are. Not that you are this or that or that. Not that you are 40 years old or you are this profession or you are that.

You're becoming aware of beingness of the aliveness within you of the I am. First person singular of to be I am. Of your presence.

Of your essence. That which has nothing to do with your past. Nothing to do with your future.

And that is inherently enlivening joyful. Awareness of your breath can also put you in touch with the awareness. It's somehow they're connected.

Awareness of the inner body. The aliveness within the body that I've often spoken about. Written about the awareness of the inner body.

Awareness that there is a field of aliveness permeating every cell of your body. Feel that aliveness that normally in our world a human being is not conscious of that because all their attention is in the movement of thinking in the head. Just to feel that sense of aliveness permeating your body.

Breath awareness can easily put you in touch with that. And somehow they go together. And that aliveness too is formless.

The physical body has a form. But that which underlies the form is formless. So as you sit here be aware of that inner aliveness.

And when I say be aware of that inner sense of aliveness that permeates every cell of the body. It sounds as if there were a subject and an object. I am aware of the aliveness.

But this is due to the structure of language. When you formulate a sentence you have a subject and an object. I am doing something.

But we have to go beyond that because that is not really how it is. It just appears to be as if I were aware of the aliveness permeating my inner energy field. But in reality the observer, so called the observer and the observed which is the aliveness are a single phenomenon, a single thing, a single no-thing.

They are really one. So it really is a becoming self-aware of your entire being. Your entire being becomes self-aware.

Not I am aware of this. I am aware of myself. So there is no subject and object except when we put it into language.

Self-awareness reflects back on itself. Observer and observed merge. And that is the state of traditionally called self-realization.

Not something mystical ultimately or weird or something to be attained after another 100 incarnations. No, but as a natural way of being and living. A state of connectedness with the source, with life itself.

If you don't find that you run around the planet back and forth for a few more years and that's it. Never gone beyond the surface of things. And all the things that you thought were important at the latest just when you are about to die you realize it wasn't important, not essentially.

And you will have missed the only thing that really is important. And if a whole civilization misses it, it quickly disappears. Even a civilization needs to be rooted to some extent in the eternal and timeless dimension.

It means it requires a few people, what the percentage is I don't know, to be rooted there. To keep the whole civilization anchored in being. That's of course what Jesus meant when he was sitting with two women, two sisters, Mary and Martha.

Martha goes about worrying about this and that, getting this and that ready. And Mary is just listening in a state of alert attention. And Jesus says, there's only one thing that really matters and she has chosen that thing.

It doesn't mean never to be active again, but to see where the true priorities lie. Then action can flow from that state of connectedness with being rather than come from a state of disconnectedness. And then it becomes quickly mad, pointless.

So as you sit here, either with your eyes closed or looking at the screen, can you be as much as possible free of mental noise and just be here as a spacious presence? Perhaps feel in the background the inner aliveness, the entire body alive within, no need to think, just as I'm not thinking. The words just come out of stillness.

There's no preparation. And when there's no speaking, there's no thinking. So we can be together in that state of simple alert presence.

That's the shift. And then in daily life, welcome that state of presence. Choose it, because you have a choice now.

Choose to take your attention out of useless thinking. Thinking is fine when it's helpful for this or that. It's good.

When thinking becomes negative, brings up problems that have no actual existence here and now, which actually means all problems, because in the here and now no problem can survive. There's only a situation, not a problem. When life becomes complicated and you start thinking how hard it all is, that means you've lost yourself, you've lost the present moment, you've lost the timeless dimension of consciousness, the I am.

And then, knowing that, you can choose to take your attention out of thinking, because it's pointless, it's recognized as pointless, and be simply here as an alert presence. And in any situation, be there as an alert presence. As you're driving towards an interview or whatever you're doing, instead of protecting yourself mentally, be there as an alert presence.

Feel the entire energy field. And there comes power. And then if you sit with the other person who's interviewing you for a job or whatever, be there, connected with the power within, which is the timeless consciousness.

And let your words come from there. Then the right thing will happen. Either you will get the job and it will be the right thing, or they will say, no, we don't want you, because they don't want that empowered consciousness there.

They want an ego. Or somebody senses that there is that genuineness to who you are, that absence of role playing, that absence of fear, am I going to get this job or not? There's just the presence.

There's just the state of connectedness with the power of now. And then you may find that even while you're thinking and doing things, there's still an awareness in the background that isn't lost. So you never completely lose yourself in thinking.

When you discuss things with people, observe how people discuss. They are completely lost. Every thought drags them along.

Every reaction drags them along. Lost in thoughts, lost in reactions, lost in emotion that reflects the thoughts. And here, as the new state of consciousness arises, there's in the background a space of awareness while thinking happens in the foreground.

That's the stillness in the background and you can sense it even while you discuss things. But now you discuss things without ego because ego is being lost in the forms, identification with forms, thought forms, emotional forms. And that's where all the collective madness of the planet comes from.

So you can participate in the game of life without ego and that is the only way things on our planet can change by enough humans entering that state of consciousness. Awareness or presence in the background even as you speak. Even as you discuss and say, No, this is not my viewpoint.

My viewpoint is this. I know that your viewpoint is different. I'll just now give you my viewpoint.

This is how I see things. No ego. Not making others wrong.

And learning to be. Just be. Not going to sleep and be.

Be awake. But just be. From time to time, just allow yourself to be.

There is no need to fill up every moment with doing. No matter how busy you are. Leave some room for being.

Occasionally just be. It doesn't have to be long. Just space.

One minute of space. It's timeless really. Just from the external viewpoint you call it one minute.

And then gradually being isn't lost even while you do. That's why we're here.